KOHL & ITS BENEFIT

Ithmid (Antimony) is the black Kohl stone. The best type of Ithmid is that which fragmentizes quickly and which has shiny morsels.

Abdullah Ibn Abbas (رضي الله عنه) narrated that,

The Prophet Muhammad (صلى الله عليه و سلم) said:

“The best of your Kohl is Ithmid, for it improves the eyesight and makes the eyelashes grow.”
(Saheeh Ibn Majah 3497)

Ibnul Qayyim (رحيم الله) said,

“Ithmid is the best type of Kohl used for the eye, especially for old people whose eyesight has weakened.”
(Medicine of the Prophet, Page 251, English translation)

The Prophet Muhammad (صلى الله عليه و سلم) said:

“Use Ithmid (antimony), because it clears the eye and grows the eyelashes.”
(Al-Hakeem)

In a number of Hadeeths, it is narrated that The Prophet Muhammad (صلى الله عليه و سلم) used Kohl and commanded others to do so.

For example, it is narrated in the Musannaf of Ibn Abi Shaybah, from the hadeeth of Anas (رضي الله عنه).

“The Prophet Muhammad (صلى الله عليه و سلم) used to apply kohl to his right eye three times and to his left eye twice.”
(Hadeeth was classed as Saheeh)

Ibn Qudamah (رحيم الله) said,

“It is mustahab to use kohl an odd number of times.”
(Al Mughni, Vol 1, Page 106)

The Prophet Muhammad (صلى الله عليه و سلم) said:

“The best of your kohl is the Ithmid (antimony), because it clears the sight and causes the eyelashes to grow.”
(Tirmidhi, Ibn Majah, Ibn Hibban, Al Hakeem, At Tabarani & Abu Na’im)

Ibn Al Qayyim (رحيم الله) said,

“Kohl protects the health of the eyes and gives strength and clarity of vision, and cleanses they eye of bad substances. In addition to that some types of kohl also serve as an adornment and if it is applied before going to bed this is even better. And Ithmid is more efficacious than other types of kohl.”
(Zaad Al Ma’ad, Vol 4, Page 281)

From the above it is known that kohl is good and is not harmful to the eyes, rather it is beneficial. But there may be some kinds of modern, manufactured kohl that contain some chemical ingredients which may cause physical damage and remove some of the benefits of kohl. Hence people nowadays should look for pure kohl.

Using Kohl is prescribed in Islam, it is not permissible for a woman to wear Kohl in front of none-mahram men, because it comes under the heading of adornment which she is required to conceal.

Allah (سبحانه وتعالى) says:

“And not to reveal their adornment except to their husbands…”
(Surah An Nur 24:31)

Abdullah Ibn Umar (رضي الله عنه) narrates that,

The Prophet Muhammad (صلى الله عليه و سلم) said:

“You should use Kohl for it improves the eyesight and makes the eyelashes grow.”
(Saheeh Ibn Majah 3495)

Ibnul Qayyim (رحيم الله) said,

“Ithmid is the black Kohl stone… the Kohl tends to be cold and dry and it is beneficial to the eye in that it strengthens it and also strengthens the eye nerve. Ithmid dissolves excess flesh around ulcers and closes the wound while cleansing the area around them.”
(Medicine of the Prophet, Page 251 English translation)

Jabir (may Allah be pleased with him) said, “I heard the Messenger (صلى الله عليه و سلم) say:

“You should use Kohl for it improves the eyesight and makes the eyelashes grow.”
(Saheeh Ibn Majah 3496)

Ibnul Qayyim (رحيم الله) said,

“Ithmid also relieves headache when it is blended with pure watery honey. When Ithmid is ground and mixed with tender fat and then used as a bandage over burns, it prevents blisters from appearing and also helps cure the skin damage that occurs in cases of burns by fire.”
(Medicine of the Prophet, Page 251 English translation)

There is a misconception amongst many Muslims that the kohl Ithmid from the Sunnah is red. However, this is incorrect.